

Muscle Notes 11-30-10

- 3 Types of muscles
 - 1. Smooth muscles
 - involuntary - not under your control
 - found in the digestive tract
 - 2. Skeletal -
 - voluntary - under your control
 - move your skeleton
 - Striated - because they have bands or stripes when seen under a microscope
 - 3. Cardiac - involuntary -
 - found only in the heart
 - work in turns so the heart muscle never stops working



Skeletal muscles work in pairs -

- 1 muscle bends the joint
- the other muscle straightens the joint

ex: elbow joint
biceps - bends
triceps - straightens

Muscles have only one action - contract - means they shorten